

Help! I'm Triggered!

QUICK TIP CHEAT SHEET
FOR SPONTANEOUS RELEASING

Breathe ...

and know Awareness is here with the simple noticing that you're triggered.

Help has arrived!

Notice ...

whatever strong sensations (emotions) are expressing in your body ... just notice. Choose the most prominent one to be with. Deep, comfortable breath.

Ask ...

"Am I that sensation, or am I that to which it appears?"

Notice that you're what is noticing the sensation.

Really look ... and **notice the spaciousness** that comes with the asking. Ask again, if needed.

Take a step back ...

from the external situation, knowing that this experience is all yours. **Surrender** to this opportunity for a brief and spontaneous self-care moment, and recognize that resistance hasn't worked in the past.

Let go ...

of any thoughts associated with the sensation, just for now, and just as best as you can. **Let go of any judgement** ... Just for now. **Let the sensation be free.**

Welcome it Fully ...

Let the sensation move as it will, while you remain as "That to which it appears." All there is to do is offer it space and remember you are not that sensation, but what is noticing it. **The body takes care of the rest!**

Read more at:

FreedomThroughInquiry.com